

Cognitive Behavioural Therapy (CBT) Day Follow Up

Providing resources, education and clinical support to enhance the ability to change the way to think, feel and behave.

Who is the program for?

Patients who have attended the Cognitive Behaviour Therapy program and wish to maintain or refresh their skills in a supportive group environment, this program may be useful in addressing their individual clinical needs.

Program content

- Schemas
- Lifestyle balancing
- Goal setting
- Mindfulness
- Nutrition and medication
- Mastering your worries
- Emotional intelligence
- Perfectionism
- Improving self-esteem
- Healthy relationships
- Cognitive disorders
- Putting off procrastinating
- Community support
- Stress management
- Managing anxiety
- Understanding anger

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About the program

This follow up day program is run by a multidisciplinary treatment team. It's for patients who have previously attended the CBT Inpatient, Day or Evening Program and now wish to focus more intensely on specific topics of interest while maintaining ongoing support for themselves. Patients attending this program are offered sessions focused on a particular topic each time.

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When is it held?

Every Wednesday from 9:15am to 12:30pm. Morning tea and lunch is provided.

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How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

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